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HAPPY 'STRANGER THINGS' DAY

Will a season 3 trailer drop today? 22-23

Jury selection underway in
'El Chapo' trial. 10-11

Source: Islanders could return to Nassau
Coliseum full-time for next two seasons. 24

Wednesday, Nov. 14th

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YOUR VOTE COUNTS

- Poll security assessed by state officials. 4
- Bob Woodward on why Trump enrages voters. 8
- Vote because it's vital, but also for the free drinks. 20-21

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THINGS
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KNOW

MATT JUUL, NATIONAL FEATURES EDITOR

Election Day is upon us once again, but this time around, voters seem to be particularly angry, regardless of what side of the aisle they fall on. According to Bob Woodward, President Donald Trump isn't exactly interested in calming people's rage; in fact, he seems to revel in it. Ahead of Tuesday's midterm elections, we caught up with the acclaimed journalist and author to chat about the commander-in-chief's ability to enrage and what it will take for his supporters to finally turn on him.

WELCOME TO
METRO.USSAUDIS SENT 'CLEAN-UP'
TEAM AFTER MURDER

I Saudi Arabia sent a two-man "clean-up team" to erase evidence of journalist Jamal Khashoggi's killing a week after he disappeared at the Saudi consulate in Istanbul, a Turkish official said on Monday, calling it a sign top Saudi officials knew of the crime. Confirming a report in Turkey's pro-government Sabah newspaper, the official said the chemist and toxicologist were tasked with erasing evidence before Turkish investigators were given access to the Saudi consulate and consul's residence. Sabah identified the two men as

Ahmed Abdulaziz al-Jonabi and Khaled Yahya al-Zahrani, saying they arrived in Turkey as part of an 11-person team sent to carry out the inspections with Turkish officials. Khashoggi, a Washington Post columnist critical of the Saudi government and its de facto ruler Crown Prince Mohammed bin Salman, disappeared at the consulate on Oct. 2. Saudi officials initially insisted Khashoggi had left the consulate, then said he died in an unplanned "rogue operation." The kingdom's public prosecutor Saud al-Mojeb later said he was killed in a premeditated attack.

MAIL BOMB SUSPECT TO
APPEAR IN NY COURT

2 The south Florida man accused of mailing pipe bombs to prominent Democrats and other critics of U.S. President Donald Trump is expected to make his first appearance in Manhattan federal court on Tuesday, after his case was moved to New York from Florida. Cesar Sayoc is scheduled to appear at 10 a.m. before U.S. Magistrate Judge Robert Lehrburger, according to a letter on Monday from the U.S. Department of Justice. Prosecutors have accused Sayoc of sending 16 improvised explosive devices to people

like former President Barack Obama, former President Bill Clinton, former Secretary of State Hillary Clinton, former Vice President Joseph Biden and billionaire investor George Soros, as well as to CNN. Sayoc is a former stripper and pizza delivery driver who lived in a white van festooned with right-wing political images supporting Trump and lambasting his critics. He was arrested on Oct. 26, and faces a maximum 48 years in prison if convicted on the five counts he now faces, including for mailing explosives and threatening the Clintons.

CARDINAL TIMOTHY DOLAN BLESSES THE ANIMALS FROM
THE 'CHRISTMAS SPECTACULAR'S' 'LIVING NATIVITY' SCENE

3 Radio City Rockettes join Cardinal Timothy Dolan as he blesses the animals from the "Christmas Spectacular's" "Living Nativity" scene at Radio City Music Hall on Monday.

GETTY IMAGES

MAC MILLER OD'D ON
COCAINE, FENTANYL

4 Rapper Mac Miller, the former boyfriend of pop star Ariana Grande, died of an overdose of cocaine and the powerful opioid fentanyl, the Los Angeles coroner's office said on Monday. Miller, 26, whose real name was Malcolm McCormick, was found unresponsive in his Los Angeles home on Sept. 7. After an autopsy, the Los Angeles coroner ruled his death accidental. Miller had spoken openly of his drug addiction in interviews and in his music, and dated Grande, 25, for about two years before the couple split earlier this year. The rapper's death was thought to be

one of the factors in the breakup last month of Grande and new boyfriend Pete Davidson, a "Saturday Night Live" comedian, whose engagement in June after dating for less than two months became a celebrity media sensation. Grande released a new single on Saturday called "Thank U, Next" in which she sings with affection of both Davidson and Miller. Appearing on "Saturday Night Live" at the weekend, Davidson, 24, made his first public statement about the breakup. "I know some of you are curious about the breakup, but the truth is, it's nobody's business."

THE SPICE GIRLS REUNITE,
MINUS 'POSH' VICTORIA

5 British pop band the Spice Girls said on Monday they would reunite for a British tour next June, although there was no mention of whether Victoria Beckham would take part. "Breaking Spice news," the band said on Twitter. "Tickets on sale Saturday 10.30am." Formed in 1994, the group racked up album sales in the tens of millions with hits including "Wannabe" and "Say You'll Be There" that topped charts across the globe. The band originally had five members: Victoria Beckham (Posh Spice), Melanie Chisholm (Sporty Spice), Emma Bunton (Baby Spice), Mel

B (Scary Spice) and Geri Horner, formerly Geri Halliwell (Ginger Spice). In a video accompanying the tweet, there was footage of each member apart from Beckham above a ticker headline: "Friendship never ends: Spice Girls announce shock UK tour." "It's just the four of us that are fully confirmed," Mel B told ITV's "Loose Women" show. "But ... Vic might join us at some point." In 1998, Halliwell walked out and the remaining members went their separate ways after releasing the album "Forever" in 2000. The group reformed for a tour in 2007-2008.

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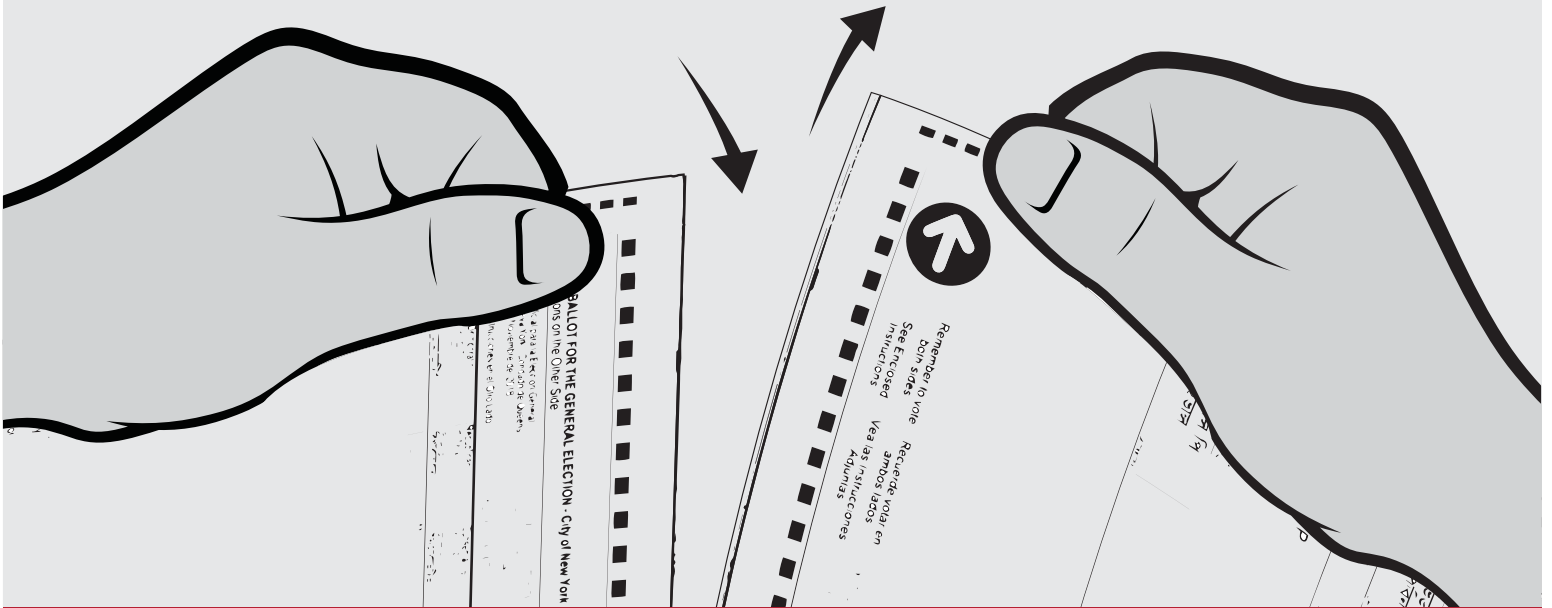
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NEWS



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NY state officials assess security of polls prior to Election Day

The state Board of Elections is ready for millions to come vote on Tuesday after testing voter machines.

158K
New registered Democratic voters since April.



SARAH LUOMA
letters@metro.us

With many New Yorkers unable to "Get Out the Vote" early like other states, residents worry that long lines and broken machines could further delay casting their ballot on Election Day.

In anticipation of a large volume of New Yorkers turning out to the polls for the midterm elections, state officials have been preparing for the big day in advance by assessing voter machines and anticipating any possible risks for voter fraud.

"I think we have done everything in our power to be prepared for this," said John Conklin, spokesman for the state Board of Elections.

According to Conklin, the voting machines used are stored in a restricted area when they aren't being used for Election Day, and are taken out prior to the big day to be tested and assessed for any tampering.

"We test the machines before and after every election," Conklin says. "We do

random audits after every election to verify the accuracy of the machines."

He added: "They are not connected to the internet and they are not connected to each other in any way."

With the biggest security worries at bay, state officials hope to get voters in and out of the secured polls in an organized fashion.

Officials are optimistic and expect to see an impressive turnout of voters in the state. In prior years, voter turnout has been low compared with other states. According to state records, the New York Democratic Party has seen 158,000 new voters register since April, with the Republican Party gaining a little over 1,400 new voters in that time frame.

"I think we're going to be busy," Lora Allen, Democratic elections commissioner for Niagara County, said from her Lockport office. "We've been getting additional ballots to prepare. You're seeing a real push to get out the vote. You hear it from the AARP [American Association of Retired Persons] and I even saw it on the cover of Oprah magazine."

Preventing football injuries this fall



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When it comes to your health, you only want the most qualified specialists weighing in. Metro has you covered, teaming up with the world-renowned experts at Rothman Orthopaedic Institute to fill in the question marks.

Fall is in full swing, and so is football season. Whether you're a professional athlete or a weekend warrior, staying safe is always the name of the game. Metro connected with Brandon J. Erickson, M.D., an orthopaedic surgeon specializing in sports-related injuries at Rothman Orthopaedic Institute. Here are some of his insider tips for preventing and treating football injuries this season.

How can athletes stay safe this football season?

Beyond dehydration, the most common culprit is simply not warming up properly. Training and preparing yourself is extremely important. Going out on a Saturday when you haven't run in two years and just deciding that you're going to go

play flag football that day isn't necessarily a bad idea; it's just that you're at a higher risk of getting injured because you aren't used to training and participating.

Practicing ahead of time can go a really long way in preventing injuries. It doesn't have to be as intense as the game. It's more about getting your body used to cutting, pivoting, and doing the movements you're going to be doing. Sport-specific training is especially important in football because you're accelerating, decelerating and making quick turns. If your body's not used to it, and you try to quickly change direction, you could do something like tear your hamstring, irritate your quad muscle, or injure a knee simply because your

body isn't used to doing that type of movement so it's kind of shocked when you try to do it for the first time in a while.

What are some other football injuries you see?

Other injuries we see that are a little less common but more significant are knee injuries. In cut-and-pivot sports like football, we see things like ACL tears. People tend to think that ACL injuries happen because someone gets tackled wrong, but it's actually a more common non-contact injury. If you're somebody who's playing flag football in a recreational league and isn't getting tackled, it doesn't mean you couldn't sustain something like an ACL injury.

Another thing we see is meniscal tears, which

usually happen when somebody twists their knee wrong and tears the shock absorbers between the thigh bone and hip bone called menisci.

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Democrats, Republicans make final campaign pitch

Polls predict Democrats will pick up the 23 seats needed for the majority.



GETTY IMAGES

Bitter U.S. political campaigns thundered to a hectic, unpredictable finish on Election Day eve on Monday, as candidates scoured the country for votes in dozens of crucial races that opinion polls showed were still razor-close.

Control of both chambers of the U.S. Congress and 36 governor's offices are up for grabs on Tuesday in an election widely seen as a referendum on the first two years of Republican President Donald Trump's leadership.

In the final stretch, Trump has ramped up his hard-line rhetoric on immigration and cultural issues, including warnings about a caravan of migrants headed to the border with Mexico and "liberal" mobs, and touted a growing U.S. economy

that he said would be threatened by Democrats.

He amplified that message with an advertisement linking Democrats and immigrants to violent crime, which aired on NBC on Sunday night. Even fellow Republicans had criticized the spot as racially divisive when it first debuted online last week.

NBC Universal, a unit of Comcast Corp. on Monday said it would no longer run the 30-second spot. CNN had earlier refused to run it, calling it "racist."

"After further review we recognize the insensitive nature of the ad and have decided to cease air-

ing it across our properties as soon as possible," a rep for the network said in an email.

Trump planned to spend a final day on the campaign trail on Monday, hitting the Midwestern states of Ohio, Indiana and Missouri at the end of a six-day pre-election sweep focused mostly on competitive U.S. Senate races.

"It's all fragile. Everything I told you about, it can be undone and changed by the Democrats if they get in," Trump told supporters in a conference call on Monday aimed at getting out the vote.

Opinion polls and election forecasters favor Democrats to pick up the minimum of 23 seats they need on Tuesday to capture a majority in the U.S. House of Representatives, which would enable them to stymie Trump's legislative agenda and investigate his administration.

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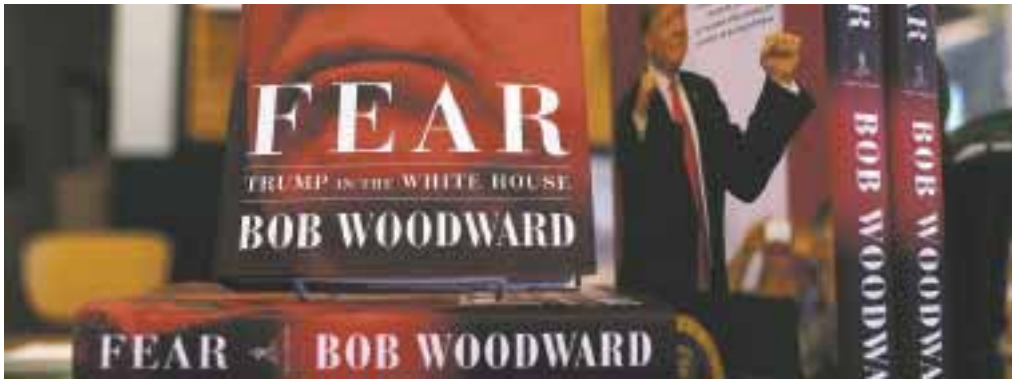
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XP18_190



Bob Woodward's book tour comes to Boston, Philadelphia and more stops on the East Coast this winter.

GETTY IMAGES

Bob Woodward explains why Trump fans the flames of rage

How Trump handles crisis may be his undoing, he says.



MATT JUUL
matthew.juul@metro.us

If you haven't noticed, voters on both sides of the aisle are pretty angry ahead of Tuesday's midterm elections.

Of course, those on the left are hoping to translate their anger with the current administration into a "blue wave," but the right appears to be just as mad — despite having control of the White House and Congress. Their wrath seems to be inspired by President Donald Trump's ability to enrage, something that he views as an asset, according to Bob Woodward, author of "Fear: Trump in the White House."

"Two-and-a-half years ago, when I interviewed him when he was a candidate, he said with pride, 'I bring out rage in people, I always have,'" Woodward tells Metro. "And he said, 'I'm not sure whether that's an asset or a liability.' So clearly he thinks it's possible it's a good thing to bring out rage in people. I think the president's job should be the opposite, to calm the rage."

Seeing as how Trump has failed to tone down the rhetoric since taking the White House, rage has bubbled up on both sides, albeit for different reasons. That anger is apparently driving people to the polls in states like Florida, Georgia and Texas, which have seen unprecedented early voter turnout, and Election Day is shaping up to be just as historic.

However, it's unclear whether Tuesday will see a manifestation of the so-called "blue wave," or if conservatives will retain their control of Congress and seats in various local races around the country.

"I don't have a crystal ball," says Woodward. "If you look at all the com-

mentary and the polling, there's lots of edging going on."

The acclaimed journalist, who famously reported the Watergate scandal with Carl Bernstein, does note how some have compared this year's midterm elections to that of 1974. That year, Democrats were able to ride the wave of the backlash against Richard Nixon following his resignation to gain seats. But this time around, the president in question is still very much in charge.

"The comparison that's frequently made is that of the midterm election in 1974, but that was after Nixon resigned," Woodward says. "The resignation and the abandonment of Nixon by Republicans led to, I forget, 60-plus seats gained by the Democrats. But Trump is controversial and certainly has not resigned."

Unlike Nixon, who ended up losing support from Republicans when his infamous tapes were made public, Trump has seemingly "immunized himself" from receiving blowback for his various scandals and questionable actions in the Oval Office through a constant stream of falsehoods and controversies. So what will finally turn his supporters against him? In Woodward's eyes, Trump's undoing may be how he handles — or mishandles — a major crisis in the future.

"Some people like him," says Woodward. "The great engine that is democracy is how people vote, and he won. Maybe [Tuesday] he's going to win, maybe he's going to lose — I certainly don't know."

"It's the spectacle of Trump," he adds. "Now, if we have a crisis, people will say, 'Well what's he going to do? Can he fix it?' How is he going to fix whatever the trouble might be, like a terrorist attack like 9/11 or a financial crisis like 2008?"

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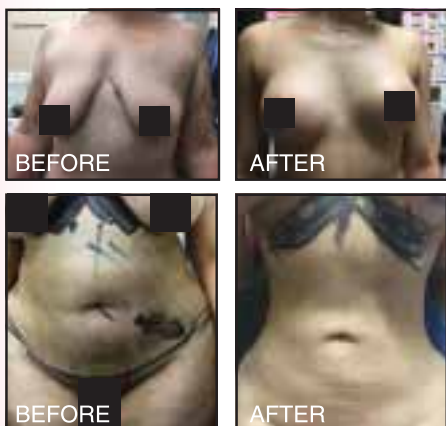
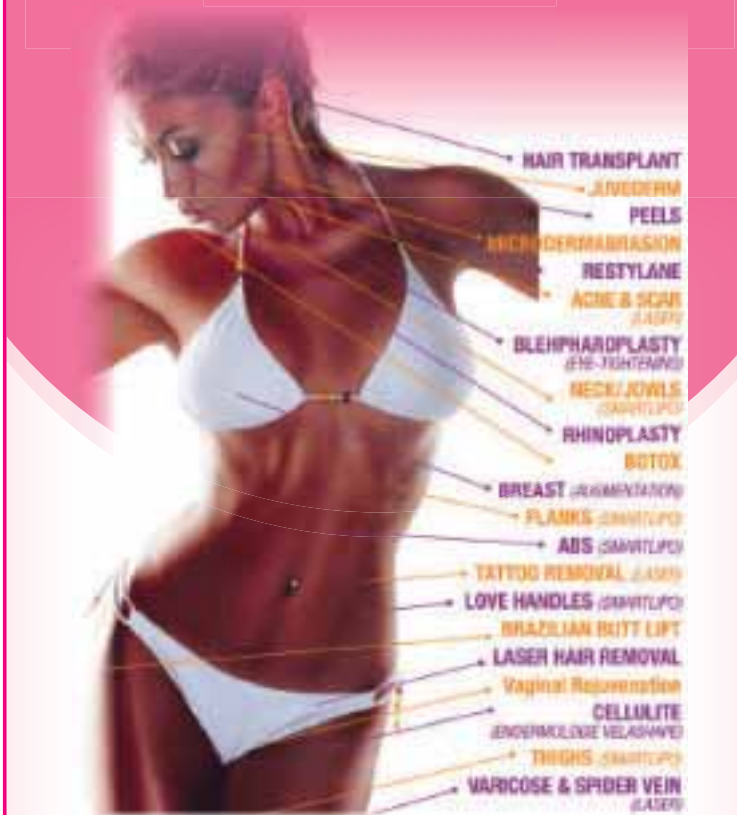
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Jury selection in 'El Chapo' trial underway in Brooklyn

Joaquin Guzman now faces drug trafficking and conspiracy charges.

The trial of Mexican drug lord Joaquin "El Chapo" Guzman on drug trafficking and conspiracy charges, which is expected to last four months, began Monday with the selection of jurors in Brooklyn federal court.

U.S. District Judge Brian Cogan, prosecutors and defense lawyers on Monday morning questioned 20 potential jurors, and have so far ruled out five. The jurors were called into the courtroom wearing stickers identifying them by number, their names withheld to protect their safety.

Guzman, sitting in the courtroom wearing a navy blue suit and an open-collared white

shirt, could see them, though he seemed to pay them little attention.

Guzman, 61, formerly led the Sinaloa cartel, named after its base in the Mexican state of Sinaloa, which became one of the most powerful drug trafficking organizations in the world.

Guzman's nickname, a reference to his five-foot, six-inch height, is often translated in English as "Shorty."

He was extradited to the United States from Mexico on Jan. 19, 2017, after escaping twice from Mexican prisons before being captured again.

A Mexican official told Reuters at the time that the move was a show of goodwill to incoming President Donald Trump, who was inaugurated the next day, though Alberto Elias Beltran, Mexico's assistant attorney general for

international affairs, denied any connection.

Prosecutors say that as the head of the Sinaloa cartel, Guzman directed the movement of multi-ton shipments of drugs including heroin, cocaine, marijuana and methamphetamine across borders and into the United States. If convicted, he faces life in prison.

The potential jurors had previously filled out written questionnaires, and much of the questioning on Monday concerned their responses. One of those dismissed was a woman who had written on her questionnaire, "Drugs are bad for you."

"I feel very badly about drugs," she said, when Cogan asked about the answer.

Another man was sent away after admitting that he had read about the case on Wikipedia after receiving his



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"El Chapo" goes to trial at Brooklyn federal court in New York.

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jury summons. Others were excused because of personal ties to law enforcement, scheduling conflicts and concerns about lost income.

Those still in the running include a self-described professional impersonator of the late pop star Michael Jackson. Prosecutors have asked that he be excused because his job could make him easy to identify.

Jury selection was

expected to continue in the afternoon.

Many of the questions were routine in any criminal case, including whether jurors had strong feelings about law enforcement or witnesses testifying under cooperation agreements with prosecutors.

One recurring theme was the legalization of marijuana: several jurors said they supported it, but when questioned said they could be im-

partial when weighing marijuana charges.

According to court filings, prosecution witnesses will include former Sinaloa cartel members and others involved in the drug trade who are now cooperating with the U.S. government. Prosecutors have so far avoided naming the witnesses, saying that doing so would put them in danger. Some are expected to testify under aliases. REUTERS

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Mother of Karina Vetrano cries during disturbing opening statements

The prosecutor in the case detailed the vicious death of the 30-year-old NYC jogger.



SARAH LUOMA
letters@metro.us

Opening statements in the murder trial of New York City jogger Karina Vetrano began on Monday in Queens. Vetrano's mother Cathie was present in the courtroom where she was seen crying and holding on to a cross as prosecutor Brad Leventhal in the case detailed the graphic and disturbing death of the 30-year-old.

Twenty-year-old Chanel Lewis is accused of attacking, sexually assaulting and killing Vetrano on Aug. 2, 2016, as she went on a jog through Spring Creek Park in Howard Beach.

According to the prosecutor, Vetrano was grabbed while running through a secluded, marshy section of the park. She was punched in the face before she was thrown to the ground, sexually assaulted and strangled to death.

"[Vetrano's] dead because she was unlucky enough, misfortunate

enough to be in a secluded location outside of the eyes and ears of anyone, but him," Leventhal stated during his opening statements as he pointed to Lewis.

Following her disappearance, a search party went out to look for Vetrano. She was discovered by her father Phil, facedown in a marsh, just a block from her home. Her body was found just 15 feet from the trail.

Prosecutor Leventhal told the jury that Karina's father decided not to jog with her that day, "a decision that would haunt him for the rest of his life."

After a six-month wait in the case, DNA evidence found under the fingernails of Vetrano led to Lewis, who has pleaded not guilty in the case.

Lewis initially confessed to killing Vetrano, but not sexually assaulting her. His attorneys have since argued that his taped confession was obtained illegally and should be dismissed in the case against him.

Lewis' family attended opening statements in the case, and believe his confession was coerced. The East New York native faces life in prison if convicted.

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Doctors Urge Knee Pain Sufferers

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After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it’s complex. In other words, it’s not a simple, easy fix.

But I’m sure you already know that. Or you wouldn’t be reading this.

That’s the bad news.

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Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

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Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

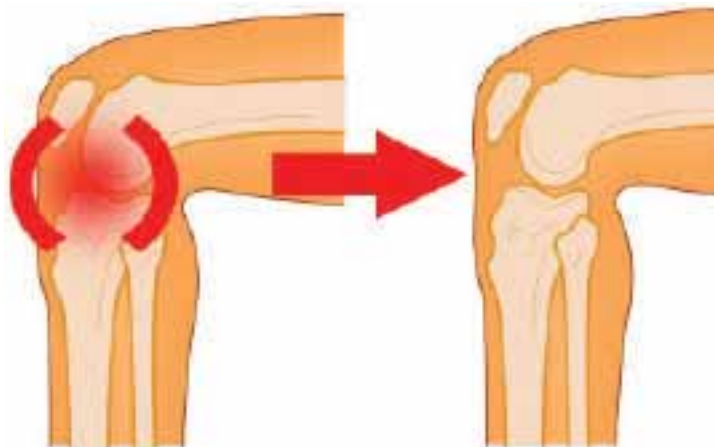
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



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Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here’s What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what’s going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what’s going on and what can or cannot be done.

There is so much we want to say to help you... but I’m out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



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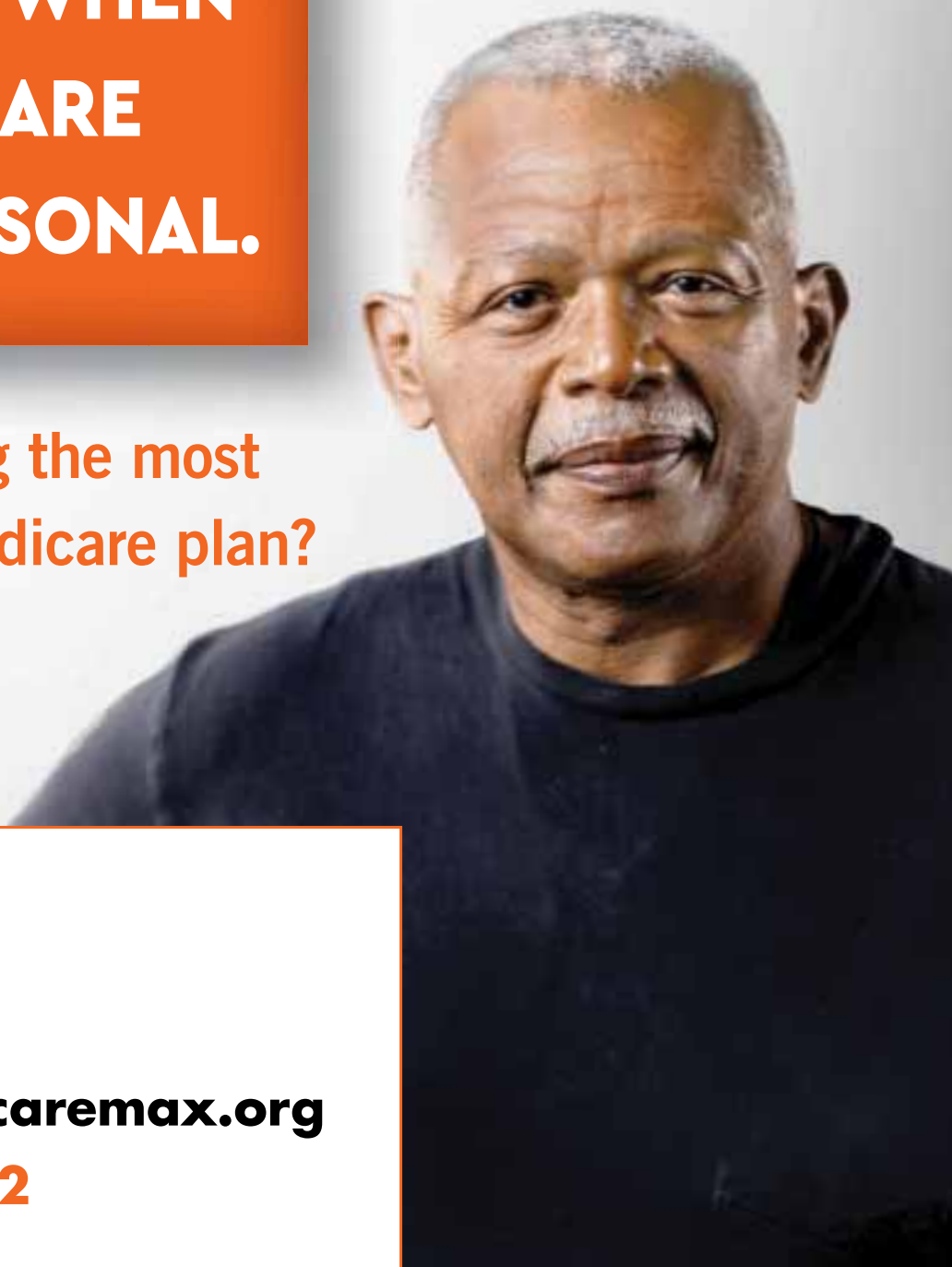
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GET OUT AND VOTE

OPINION

MARNI HALASA

Marni Halasa, a lawyer, journalist and professional figure skater, ran in the last election for City Council for District 3 as an independent on the Eco Justice Party.



stantially in many states, responding to a cacophonous anti-Trump media narrative, we folks with a progressive agenda must keep a vigilant eye and not be lulled into complacency that the “blue wave” is bound to occur. The Republican-funded campaigns of voter suppression, such as Interstate Crosscheck among others, that knocks Democratic-leaning minorities of the voter rolls, is alive and well.

Even our beloved blue state of New York has had issues. Not only in the 2016 Democratic primary, where 125,000 voters were purged of the rolls in Brooklyn, a Bernie Sanders stronghold, but perhaps also in my own run for City Council against incumbent Corey Johnson in 2017, where 10 percent of voters in District 3 did not vote for a candidate for City Council — unusually high for a well-informed district, said one experienced poll supervisor.

While the media is predicting historic numbers in Tuesday's midterm elections, I will always remember that night in Times Square when Hillary Clinton lost to Donald Trump in the 2016 presidential election. Thousands of New Yorkers stood in a historic rare moment of surreal silence in the middle of the epicenter of the world, shell-shocked in agonizing disbelief.

That moment will forever be indelibly printed in my memory, when all the polls were wrong, and mainstream media pundits seemed to have betrayed our abilities to clearly see that our nation had become outraged at a system that didn't reward those who played by the rules.

Although it's true that the number of registered voters has increased sub-

stantially in many states, responding to a cacophonous anti-Trump media narrative, we folks with a progressive agenda must keep a vigilant eye and not be lulled into complacency that the “blue wave” is bound to occur. The Republican-funded campaigns of voter suppression, such as Interstate Crosscheck among others, that knocks Democratic-leaning minorities of the voter rolls, is alive and well.

As we all work toward a new progressive future, it is important for everybody to know that standing for reform is a struggle. But by showing up at your polling station and demanding that your vote be cast, you will hold the entire system to account, and ensure your voice is heard in a democracy — something that we should all never take lightly.

BRIEF

Trump says he would prefer softer tone but has 'no choice'

Donald Trump said on Monday he wished he had taken a softer tone in his first two years as U.S. president, even as he continued to bash individual Democrats and fan fears over immigration

while campaigning on the eve of congressional elections.

Asked in an interview with Sinclair Broadcasting, one of the largest U.S. television station operators, if there was anything he regretted about his first two years in office, Trump said, “I would say tone. I would like to have [had] a much softer tone.” **REUTERS**

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Anyone who has ever suffered from kidney stones knows just how painful it can be. It's little wonder that more than half a million people go to the emergency room for kidney stone problems every year, according to the National Kidney Foundation.

So what are kidney stones? They're essentially hard mineral deposits that form inside the kidneys. When the fluid in urine is unable to break them down, they'll pass through the ureter and bladder—which is generally a painful process. There's a wealth of anecdotal reports likening kidney stone pain to that of childbirth. The truth is that no two cases are alike, but early diagnosis is critical when it comes to getting ahead of it. Many times, this comes down to understanding the specific risk factors that might make you more likely to develop kidney stones. Family history, frequent dehydration, certain dietary issues, and obesity are all on the list. Board Certified Urologist Dr. David Shusterman of NY Urology takes a proactive approach. Thanks to a mix of preventative medicine and some simple lifestyle changes, you may be able to prevent kidney stones before they ever develop.

If a kidney stone is already in motion, Dr. Shusterman's expert team can quickly identify it using ultrasound imaging, then get things moving with innovative treatment options that have made NY Urology a nationally recognized leader in the field. He leads with holistic medicine with the goal being to break down kidney stones so that they can pass as naturally and easily as possible. NY Urology provides a cutting-edge, noninvasive treatment called extracorporeal shock wave lithotripsy (ESWL), which relies on sound waves to break apart the stones via focused vibrations.

The in-office procedure is completely safe, and recovery is typically pretty swift.

Another option is placing something called a nephrostomy tube into the kidneys. This plastic catheter essentially lets urine drain directly from the kidneys during the treatment process. The result is near-immediate pain relief because you're eliminating backed-up urine and helping things flow more easily. A ureteral stent works in much the same way, bolstering the body's ability to drain urine and, in turn, safely encouraging the natural healing process. The soft plastic stent is temporarily placed directly into the ureter to help urine flow more freely. When ureters are blocked up by kidney stones, pain and discomfort are on the horizon. Stents open these passages.

When all else fails, NY Urology also specializes in minimally invasive surgery using a device called a ureteroscopy to eliminate painful, stubborn kidney stones. Making its way through the urethra and bladder, and into the ureter, the device zeros in on the kidney stone and swiftly removes it. The best part is that it's a fairly straightforward outpatient procedure that requires no incisions. In extreme situations where the stone is too large to remove with a ureteroscopy, Dr. Shusterman may call on a more in-depth procedure that involves a small incision in the back. The upside here is that the success rate is high, helping patients safely get rid of large kidney stones in one fell swoop.

Whether you're looking to prevent kidney stones or address one that's already wreaking havoc, NY Urology is your best resource. Book an appointment today with Dr. Shusterman, located at *800 Second Avenue on the corner of 42nd Street. Call (212) 991-9991* and start mapping out a plan for living a pain-free life without kidney stones.

Cheap, easy dinner ideas from frugal nerds

NerdWallet writers save money on homemade dinners by spicing up simple meals and stocking up on inexpensive pantry staples.



NerdWallet is a personal finance website.

No one at NerdWallet is writing about living frugally during the day and then logging off to indulge in caviar and cognac at night. We usually try to practice what we preach. So when dinnertime rolls around, we know a few ways to cook up an affordable meal. Check out our ideas below.



ISTOCK

Fill up on lentils

Social media writer Valerie Lai adds lentils to meals for a few reasons. For one, they're filling — one cup of cooked lentils packs nearly 18 grams of protein. Dry lentils also have a long shelf life and cost only about \$2 per pound. Lai adds lentils to

just about everything, she says, including curries, salads and stews.

Just add chicken

"Shredded rotisserie chicken from the supermarket makes a million different dinners," says credit cards writer Robin Frankel. She'll

add it to a salad or use it as filling for tacos and enchiladas. She'll also throw the shredded chicken in pasta, along with olive oil, Parmesan cheese and a sauteed green.

Put an egg on it

Banking writer

Chanelle Bessette makes one stop at Trader Joe's for all the ingredients in her "dressed-up instant ramen." The base is a single-serving cup of ramen soup, which is about as cheap to buy and easy to make as a meal gets. (You could buy a cup for \$1.29 as of September 2018, and cook the noodles by either adding boiling water or adding tap water and nuking the cup in the microwave.)

The "dressing up" comes from the vegetables Bessette cooks separately and adds to the soup: frozen broccoli and corn and fresh bok choy. The soup's (cheap) finishing touch is a hard-boiled egg.

Spice up spaghetti sauce

Adding cooked Italian sausage to canned spaghetti sauce "makes cheap sauce taste good," says writer Barbara

Marquand. She suggests making the spiced-up sauce on a Sunday and stashing it in the fridge. Then, "on a weeknight, all you have to do is heat up the sauce and boil some spaghetti noodles," she says. Or you can use that sauce as a base for lasagna, she adds.

Bake a potato (or another staple)

"A baked potato is the easiest side dish ever," Marquand says. "Top it with grated cheese and sour cream, and it's a meal."

Stocking up on potatoes and other ingredients that can become a quick meal can dissuade you from ordering food on nights when you don't have a meal plan, she says. Staples can include tuna for tuna-salad sandwiches, eggs for scrambled eggs, frozen veggie burgers and bagged salad.

LAURA McMULLEN

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Pat King
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And trying to stay humble
But my nerves are cracking
From manners lacking
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mumble?

In the women's locker room
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The lockers smash shut

An offensive shortcut
Sounds like a sonic boom.

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On benches while in the buff
Grabbing rare bench space
Like a marathon race;
I've had about enough!

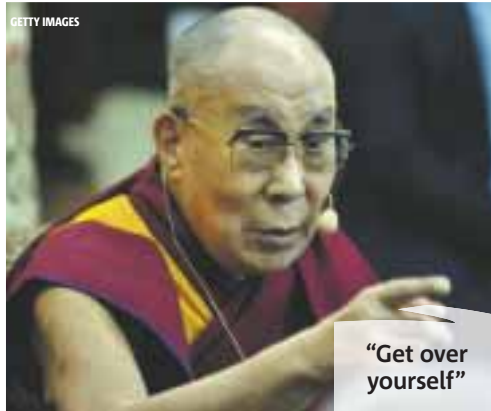
What happened to polite?
It's vanished into the night.
The trend is rude
I consider it crude —
And it kills my appetite.

Lets try for a bit of humanity
Before I resort to profanity
Let's try more smiling
It's more beguiling
More grace, and much less
vanity.
— Mia Berman, Metro US reader

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The winning caption from Michael Scott Linde, Metro US reader



metro.us/ horoscopes

Aries Think matters through. Consider the cost of reaching your objective. Do the work yourself and save on labor.

Taurus Partnerships should be your focus. Surround yourself with people who share your concerns and ideas, it will help you excel.

Gemini Personal improvements can be made. Tightening up your routine to fit more "me time" into your schedule will bring good results.

Cancer Figure out what makes you happy, and plan your day. An event will encourage you to try something new, leading to an enjoyable new connection.

Leo You may be thinking straight, but you'll still face opposition from one you are emotionally attached to. Get others on board before making a decision.

Virgo How you handle others will make a difference. If you are critical, expect someone to fight back. Offering encouragement will help you get ahead, sniping will greatly hinder you.

Libra Change the way you handle joint ventures, your money and your health. Implement a routine that enables you to take care of yourself.

Scorpio You will tend to overreact today. Think about each decision you make and each action you take. Think creatively.

Sagittarius An urge to embellish could get you into trouble. Think twice before you expose someone's secrets.

Capricorn The effort you put in will bring about positive change. If you do things your way, others will catch on and follow.

Aquarius Don't jump into something too quickly. Your emotions may tell you to go, but common sense should tell you to sit tight.

Pisces Make a move that will promote financial security. Making a safe investment, improving home efficiency or focusing on a personal goal will pay off. EUGENIA LAST

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All voters get a free drip coffee at all 10 Birch Coffee locations on Nov. 6 with their "I Voted" sticker. Black Seed Bagels will have free cups of hot Stumptown Coffee with any purchase at all four of its locations if you present your "I Voted" sticker. At Toby's Estate, your "I Voted" sticker is good for a \$1 small drip coffee.

A beer for equal rights

Back on July 4, Threes Brewing in Gowanus launched the nationwide People Power movement, which urged brewers to create a beer with proceeds supporting the ACLU. On Election Day,



Get a free hot coffee with purchase at Black Seed Bagels with your "I Voted" sticker. PROVIDED

raise a beer to democracy after 5 p.m., where cans of People Power are buy one, get one free with your "I Voted" sticker while DJ duo Sick Psych World spin late into the night. 333 Douglass St., Brooklyn, threesbrewing.com

Johnnie's got your back

Celebrate casting your ballot with vote.org and Civic Nation at three non-partisan Election Day parties with sponsored drinks by Johnnie Walker.

These groups teamed up to add a little fun to the end of the voting process, to make all the researching and waiting in line less of a chore. Grab a drink at Ulysses (95 Pearl St., 6-8 p.m.), Cloud Social (6 W. 32nd St., 7-9 p.m.) and Monarch Rooftop (71 W. 35th St., 5-7 p.m.).

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Threes Brewing is serving 2-for-1 People Power beers for voters. PROVIDED

special to any guest who wears their "I Voted" sticker. Also, their bakery Daily Provisions will be selling a red, white and blue version of their famous cruller on Election Day, with all profits going to When We All Vote.

Get your Girl Scout Cookies early

Voters don't have to wait until next year for their Girl Scout Cookie fix. On Election Day, troops from Girl Scouts of Greater New York will host pop-up booths near 16 polling locations in Manhattan and one on Staten Island selling cookies at various times: 10 a.m.-2 p.m. (1333, 1350

and 1359 Broadway, 111 W. 33rd St., 250 W. 57th St., 501 Seventh Ave., 350 Fifth Ave., 2 Teleport Dr., 1 Little W. 12th St.) and 11 a.m.-3 p.m. (420 Fifth Ave., 1 Bryant Park, 300 Vesey St., 1400 Broadway, 1 Grand Central Pl., 199 Water St., 261 Madison Ave.). girlscoutsnyc.org

See a free concert

Venues around the nation are giving away free tickets to their Nov. 6 shows for voters who take a selfie outside their polling station with tag @IVotedConcerts on Instagram. Most entries must be submitted by 3 p.m., and some venues require you to tag them

as well. Participating venues in NYC include Gramercy Theatre (Chase Atlantic), Warsaw (The Goddamn Comedy Jam), Brooklyn Bowl (Living Colour, Fishbone, Brass Against), Rockwood Music Hall (Nana Adjoa, Taylor Janzen, more), Bowery Electric (Lenny Zenith, Naughty Clouds, The Deadeyes, Graham Brice), Mercury Lounge (Burke and Gase, Rahrah Gabor), Brooklyn Steel (Julien Baker, Phoebe Bridgers, Lucy Dacus), Rough Trade (Broncho, Pinky Pinky), Irving Plaza (Sabrina Claudio, snny), The Beacon Theatre (Lake Street Dive) and Mercury Lounge (Valley Lodge). ivotedconcerts.com

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Welcome to 'Stranger Things' Day



Netflix is celebrating its hugely popular series, but does this mean a new trailer is coming?



ANDREW HUSBAND
letters@metro.us

A year has passed since Eleven (Millie Bobby Brown) closed the gate in Hawkins, which finally put an end to the Hawkins Lab and all of the monsters it had unleashed from the Upside Down. The kids attend the school's Snow Ball dance and, it seems, are well on their way to putting everything that has happened behind them. Yet the "Mind Flay-

er," the shadowy creature that inhabited Will, now stands over the school dance in the Upside Down, waiting for an opportunity.

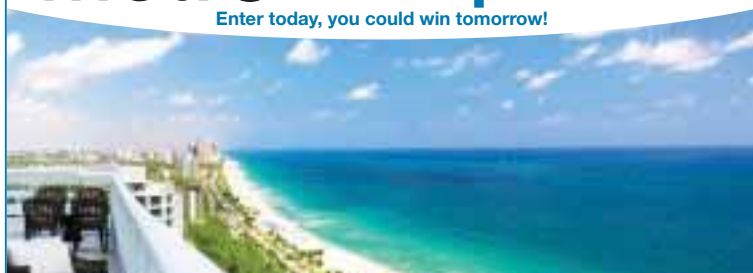
"Stranger Things," the hugely popular Netflix series created by Matt and Ross Duffer, otherwise known as "The Duffer Brothers," is currently gearing up for a third season, which is due to debut in Summer 2019. That means that far more time will pass between seasons 2 and 3 than did 1 and 2. It also means that fans of the show will have to wait that much longer for something now.



Ever the tease, however, Netflix knows precisely how to entice its devoted subscribers, and that's exactly what the streamer did last week with a new video that billed Nov. 6 as "Stranger Things" Day. Why? Because, as the clip

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reminds audiences, Will Byers (Noah Schnapp) disappeared on Nov. 6, 1983, at the beginning of the first season.

"Join us this November 6 to celebrate all things 'Stranger' on the anniversary of the day it all began," reads a description on YouTube.

The video concludes with a collage of images and videos celebrating the series with costumes, homemade props and other gags on social media. It also mentions the #StrangerThingsDay hashtag, which Netflix,

brands and users are already putting to use online.

But the real question is, what does this mean, if anything, for "Stranger Things" season 3? Netflix previously released a "Now in Production" video in April to announce that the cast and crew were already hard at work on the series' next installment. Other than previewing actors as they went into a table read, however, the short video teases very little in terms of story or new casting additions.

Maybe we'll get a premiere date announcement or a proper teaser trailer. Aside from the "Now in Production" clip, Netflix dropped a fake ad for Hawkins, Indiana's latest attraction: Starcourt Mall. The video, drenched in the show's painfully '80s aesthetics, doesn't do much in terms of explaining or previewing what's to come in season 3, but who knows? Maybe "Stranger Things" Day will fix that.

"Stranger Things" season 3 debuts sometime next year.

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AT METROBET.USSource: Isles could play all home games at Coliseum for next 2 years EXCLUSIVE

The Islanders have denied such a possibility of playing at their former home until the new arena at Belmont Park is completed.



JOE PANTORNO
joseph.pantorno@metro.us

The New York Islanders could schedule their entire slate of 2019-20 home games exclusively at the Nassau Coliseum, a source with knowledge of the situation has told Metro New York.

As the organization awaits ground to break on their new arena in Elmont, N.Y., on the same grounds as the Belmont Park racetrack, the chances of the Islanders completely leaving the Barclays Center in Brooklyn beginning next season stands at a "70/30" possibility.

When asked, the Islanders denied such a possibility.

The franchise moved to the Barclays Center for the 2015-16 season after 43 years at the Nas-



The Nassau Coliseum housed the New York Islanders for 43 years before the franchise moved to Brooklyn. GETTY IMAGES

sau Coliseum in Uniondale, N.Y. It was a move that lifted the team from a majority of its fan base on Long Island but was vital to keep the franchise in the state after failed attempts to renovate the Coliseum into an NHL-worthy home.

Since the move, the Islanders have been at or near the bottom of the NHL's attendance list in each of the three-plus seasons they've been in Brooklyn. After averaging just over 13,360 fans per night from

2015-2017, the Islanders ranked dead last in attendance last year, with an average of 12,002 fans per night. Through five home games this season, that number has dropped even further, to just 10,701.

The lack of success in putting fans in seats saw the Barclays Center express their desire in early 2017 to get the Islanders out of the venue by the end of the 2018-19 season, with the belief that they can make more revenue hosting

special events such as concerts instead of hockey games.

Jon Ledecky and Scott Malkin, the co-owners of the Islanders, acted quickly and by the end of 2017 won the bid to build a state-of-the-art arena in Elmont. Due to an environmental review process that began in March of this year, the Islanders will not be able to break ground on their future home until Spring 2019. That means the arena will not be ready to open until the

2021-22 season.

With pressure from the Barclays Center to get out, the Islanders quickly struck up a deal with the Nassau Coliseum, which was renovated into a smaller, special-events venue after the team left. Both venues are operated by Brooklyn Sports & Entertainment (BSE).

Beginning on Dec. 1, they will play 21 games this season in Uniondale and 48 more between 2019-2021.

It hasn't been much of a secret that BSE CEO Brett Yormark wants the Islanders out of the Big Apple and back on Long Island, which would make the full-time move back to the Nassau Coliseum advantageous for both sides.

While Yormark would be able to fill the Barclays Center with concerts around the NBA's Brooklyn Nets schedule, the Islanders would return to an arena beloved by a majority of the fan base for the next two years, which would only help revenue numbers until Belmont's doors are ready to open.

Is Jets QB Sam Darnold's regression really his fault?

Just by looking at the numbers, it's easy to make the assumption that New York Jets rookie quarterback Sam Darnold is regressing.

Following his solid debut against the Detroit Lions and a strong showing in Week 2 against the Miami Dolphins, Darnold has struggled to get the Jets offense clicking consistently.

He's been at his worst over the past three weeks as he's combined to complete just 47.3 percent of his passes with 588 yards, two touchdowns and seven interceptions against the Minnesota Vikings, Chicago Bears, and the Dolphins.

Sunday's loss to Miami was the Jets' worst performance of the season, a 13-6 loss that was headlined by Darnold's four picks. He now leads



New York Jets quarterback Sam Darnold has struggled mightily over his last three games. How much blame could be pinned on him? GETTY IMAGES

the NFL with 14 interceptions through nine games.

But Darnold does not have a lot to work with as the Jets are seemingly breaking down around him.

During Sunday's Week 9 loss, Darnold constantly had to contend with bad snaps from injured center

Spencer Long, who was playing with a dislocated finger.

The 21-year-old quarterback had to repeatedly adjust his motions at the start of the play, which only gave him another thing to worry about within an offense that has spoiled.

Long did leave Week 9 in the fourth quarter,

but it wasn't because of his bad performance. Head coach Todd Bowles disclosed that it was because Long re-aggravated his injury and refused to put much blame on the center.

Over their three-game losing streak, the Jets have scored 17, 10 and now just six points. The running game that has

been without Bilal Powell has averaged just 67 yards per game, making the already-conservative Jets offense incredibly predictable.

Add in a litany of bad deliveries from the center and Darnold's struggles are only going to get worse through no real fault of his own.

JOE PANTORNO

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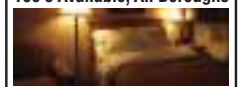
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on premises consumption. KNOCL
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that a license, Number Pending, for
On Premise Liquor has been applied
for by the undersigned to sell Liquor,
Wine, Beer & Cider at retail under the
Alcoholic Beverage Control Law, at 70
Pine St., 62nd - 64th & 66th Floors,
with one additional bar, New York,
NY 10005. New York County, for on
premises consumption. EBNB 70 Pine
Owner Restaurant, LLC d/b/a TBD**NOTICE IS HEREBY GIVEN**
that a license, Number Pending, for
On Premise Liquor has been applied
for by the undersigned to sell Liquor,
Wine, Beer & Cider at retail under the
Alcoholic Beverage Control Law, at
70 Pine St., Ground Floor, New
York, NY 10005. New York County,
for on premises consumption. EBNB
70 Pine Owner Restaurant, LLC
d/b/a TBD**NOTICE IS HEREBY GIVEN**
that a license, Number 1314346,
for Restaurant Wine has been
applied for by the undersigned to
sell Wine, Beer & Cider at retail in a
Restaurant under the Alcoholic Beverage
Control Law at 856 10th Ave., New
York, NY 10019. New York County, for
on-premises consumption. Beakon
Capital Corp.**NOTICE IS HEREBY GIVEN**
that a license, Number 1314296, for
Restaurant Wine has been applied
for by the undersigned to sell Wine,
Beer & Cider at retail in a Restaurant
under the Alcoholic Beverage Control
Law at 23 West 31st St., New York,
NY 10001. New York County, for on-
premises consumption. Cast Iron
Korean BBQ 2 Inc.**NOTICE IS HEREBY GIVEN**
that a license, Number 1314305,
for Restaurant Wine has been
applied for by the undersigned to
sell Wine, Beer & Cider at retail in a
Restaurant under the Alcoholic Beverage
Control Law at 95-02
35th Ave. Jackson Hgts, NY 11372.
Queens County, for on premises
consumption. 2007 Melanie Deli &
Grocery Corp.**NOTICE IS HEREBY GIVEN,**
that a license, Number Pending,
for Wine & Beer has been applied
for by the undersigned to sell Wine,
Beer & Cider at retail in a Café under
the Alcoholic Beverage Control Law
at 168 Broome St., New York,
NY 10002. New York County, for
on premises consumption.
GrandLo Café, Inc.**LEGAL NOTICES****NOTICE IS HEREBY GIVEN**
that a license, Number Pending, for
Liquor, Wine Beer & Cider has been
applied for by the undersigned to
sell Liquor, Wine, Beer & Cider
at retail in a Restaurant under
the Alcoholic Beverage Control
Law at 460 9th Ave., New York,
NY 10018. New York County,
for on premises consumption.
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ACROSS

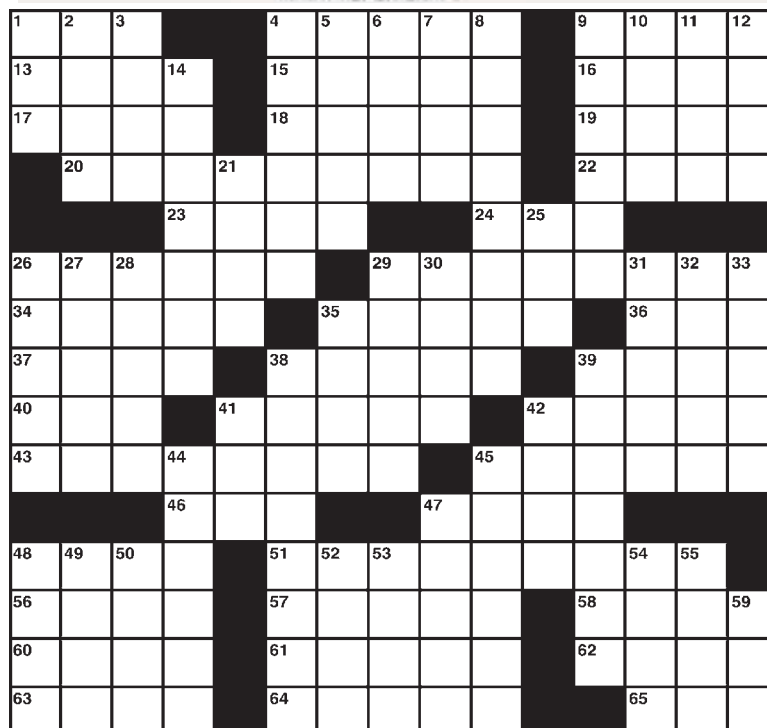
1 That woman
4 Ice cream portion
9 Garfunkel & others
13 Fine-tune a manuscript
15 Collection of treasures
16 South American nation
17 At __; relaxed
18 Levels, as a building
19 Fibbed
20 Glee
22 Small bills
23 Cleans the floor
24 Common street name
26 Drink
29 Riding __; saddleless
34 Dinghies & dories
35 Records
36 Forbid
37 Part of the foot
38 Prepared to take a selfie
39 "Arsenic and Old __"; Cary Grant film
40 Suffix for count or govern
41 Carrying a gun
42 Caffè __; chocolate-flavored coffee

43 Close call
45 Addicted
46 Pork product
47 Reserve a room
48 Jittery
51 Greek love deity
56 Difficult child
57 Give first aid to
58 Tidy
60 Shower alternative
61 Spooky
62 Deep long cut
63 Flower stalk
64 Use one's money
65 Pigpen

DOWN

1 TV's "___ Haw"
2 Cheese in a red wax
3 Ascend
4 1 of 13 on the U.S. flag
5 Stuffs
6 Leak out
7 Jenn-Air appliance
8 Bugged
9 With __; self-confidently
10 Harness strap
11 Hemlock or hazel
12 Lather

14 One who eats on the house
21 Steals from
25 "___ Miserables"
26 "A Doll's House" playwright
27 Bullwinkle, for one
28 Good wood for floats
29 First, second and third
30 Imitated
31 Taken __; surprised
32 Hidden supply
33 Bread recipe verb
35 Smothers & others
38 Chimps & lemurs
39 __ at; beholding
41 "I __ Rock"; Simon & Garfunkel hit
42 Frame of mind
44 Musical beat
45 Made owl noises
47 Cerebellum's place
48 Declines
49 Word of mild disgust
50 Fence opening
52 Get ready, for short
53 Roll call response
54 Soothing drinks
55 Vane direction
59 Your, in the Bible

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BAFTA
Billie
Birdman
Easy A
Emma

Gwen
Jean King
La La Land
Mia
Musical

Spider-Man
Stacy
Stone
Superbad
The Help

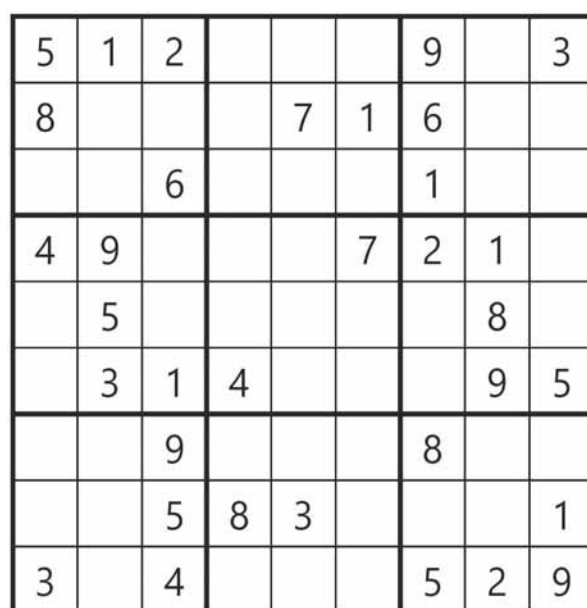
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O	N	S	E	T	O	U	T	A	N	D	O
T	K	O	R	H	O	R	O	U	S	E	S
C	H	E	A	P	T	I	C				
P	R	I	E	S	T	P	I	S	T	O	L
R	E	A	M	S	P	R	O	N	E	V	A
E	B	B	S	P	R	O	N	G	Z	E	R
Y	U	L	S	H	O	W	Y	D	I	R	G
T	E	S	T	E	D	M	I	N	C	E	D
P	E	A				P	I	T	C	H	
E	C	H	O	E	S	A	S	H	A	D	O
C	H	A	R	L	A	T	A	N	E	R	R
R	U	S	T	N	E	A	T	R	A	G	E
U	M	P	S	T	E	A	S	W	E	D	S

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About the 2018 NYC Charter Revision Commission Ballot Questions



Campaign Finance

The Commission proposes to amend the City's campaign finance system with changes designed to address persistent perceptions of corruption associated with large campaign contributions, boost incentives for campaigns to reach out to small donors, and create more opportunities for candidates to run diverse types of campaigns without the need to rely on large donors. If approved by the voters, the campaign finance ballot proposal will:

- Lower the amount of money that candidates for City elected offices can receive from contributors to their campaigns.
- Seek to strengthen small dollar public matching for candidates who participate in the City's public campaign financing program by increasing the public funding used to match a portion of the contributions received.
- Make public matching funds available earlier in the election year to participating candidates who can demonstrate need for the funds.
- Ease a requirement that candidates for Mayor, Comptroller, or Public Advocate must meet to qualify for matching funds.

The amendments would apply to participating candidates who choose to have the changes apply to their campaigns beginning with the 2021 primary election, and would then apply to all candidates beginning in 2022.



Civic Engagement

The Commission proposes creating a new Civic Engagement Commission, in order to enhance civic participation, promote civic trust, and strengthen democracy in New York City. If this ballot proposal is approved by the voters, the Civic Engagement Commission will:

- Implement a Citywide participatory budgeting program established by the Mayor to promote participation by City residents in making recommendations for projects in their communities.
- Partner with community based organizations and civic leaders, as well as other City agencies, to support and encourage civic engagement efforts.
- Establish a program to provide language interpreters at City poll sites.

The Civic Engagement Commission would have 15 members, with 8 members appointed by the Mayor, 2 members by the City Council Speaker and 1 member by each Borough President. One of the Mayor's appointees would be Commission Chair who would employ and direct Commission staff.

The Mayor would be authorized to assign relevant powers and duties of certain other City agencies to the Commission.



Community Boards

The Commission proposes changes designed to help make community boards more reflective of the communities they represent and more effective in that representation. If approved by the voters, the community board ballot proposal will:

- Impose term limits of a maximum of four consecutive full two-year terms for community board members with certain exceptions for the initial transition to the new term limits system.
- Require Borough Presidents to seek out persons of diverse backgrounds in making appointments to community boards and create application and reporting requirements related to appointments of community board members.
- Require the proposed Civic Engagement Commission to provide resources, assistance, and training related to land use, language access, and other matters to community boards.

To learn more, visit
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